**Staying safe**

**We would always advise against taking drugs and we have no intention of normalising drug-taking. However, if you or a friend chooses to take drugs, the following can help you avoid as much harm as possible.**

**Pre-Loading:**

* Avoid pre-drinking to reduce the risk of accidents and fights.
* Pace yourself and don’t rush to get drunk.
* Eat before drinking, drink water or soft drinks, and choose lower-alcohol options.
* Don’t take extra drugs if the ones you’ve taken aren’t working; effects can vary.

**Violence & Conflict:**

* Alcohol and drugs impair judgment. If in conflict, walk away to avoid violence or legal trouble.

**Sexual Health:**

* Alcohol and drugs can cloud judgment. Use a condom to protect against STIs and unplanned pregnancies.
* Emergency contraception is available for women within 72 hours of unprotected sex.

**Valuables & Drink Safety:**

* Avoid showing expensive items in public to prevent theft.
* Use a cheap, fully charged phone when out.
* Never accept drinks from strangers to avoid spiking. If you believe you have been spiked, call the police immediately.

**Looking After Yourself and Your Mates:**

* Let friends know if you’re leaving with someone new.
* Listen to friends when they share details about their whereabouts.

**Feeling Unwell:**

* If someone feels unwell, keep them awake, give them water, and seek help if needed.
* If unconscious, place them in the recovery position and get medical assistance.

**Getting Home Safely:**

* Plan your journey home and consider pre-booking a taxi.
* If walking alone, stay alert and avoid shortcuts through dark areas.

**Drugs Safety:**

* Never mix drugs with alcohol.
* Avoid taking drugs with strangers or in unfamiliar places.
* Always inform someone about what you've taken for safety.
* Start with a small amount as drug strength can vary.
* If taking drugs alone, download the [BuddyUp](https://cranstoun.org/help-and-advice/harm-reduction/buddyup/) App.